

Adolescent Health: Are you healthy?



**Your health is important to us.
Answer the questions below and
we can begin talking about
any of these subjects that
might be important to you.**

Check off all statements that are TRUE about you:

- I always use a seatbelt in the car—front and back seat.
- I always use a helmet when riding a bicycle.
- I exercise or play a sport several times each week.
- If you exercise: I stretch before and after exercising.
- If you play a sport: I always use protective gear.
- I don't use steroids to try and make my muscles grow.
- I eat 3 meals per day (breakfast, lunch, dinner).
- I make healthy choices with food (less junk food, more fruits/veggies).
- I have friends who care about me.
- I have a family that cares about me.
- I have never thought about suicide.
- I never smoke cigarettes.
- I do not drink alcohol.
- I do not use illegal drugs.
- I do not use alcohol or drugs when driving a car, riding a bicycle, skateboarding, or rollerblading.
- I am a happy person most of the time.
- I am not a violent person.
- I have never been abused by family or a stranger.
- I am not having trouble at school.
- I do not have sex.
- If you are sexually active: I always use a condom or have my partner use a condom (even if we use birth control pills).
- If you are sexually active: I get tested for sexually transmitted diseases with my doctor (Chlamydia, Gonorrhea, HPV, HIV)

⇒ **For each of the boxes above, you may have questions. Please ask your health care provider for more information.**

Did you know...

Everything you say to your health care provider is CONFIDENTIAL.
S/he will not tell anyone unless you want to hurt yourself or someone else.